

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
May 2020

Dear Members,

The Meriden Senior Center is closed until further notice. Please call us with questions and check our Facebook Page for updates. ([City of Meriden Health & Human Services Department](#)). We have adjusted our schedules and we continue to provide assistance and modified programs to the seniors of our community. We provide senior transportation to medical appointments. We deliver meals to seniors who were participants of our elderly nutrition program. We also make well-calls to check in on many of the senior center members. Sadly, our Health Fair and also our Special Day for Special people Picnic have been cancelled for this year. The Senior Center is not the same with out all of you! It is very quiet here and we look forward to the day when we can return to our busy, thriving Senior Center.

Sincerely,

Rick Liegl  
Senior Affairs Administrator

22 West Main Street, Meriden, CT 06451 [www.meridenct.gov](http://www.meridenct.gov)







# MOTHER'S DAY CRAFT

TISSUE PAPER FLOWERS

## ITEMS YOU WILL NEED:

- 8 Sheets of tissue paper
- Marker
- Scissors
- Glass or plastic cup
- Green Pipe Cleaners

VIDEO TUTORIAL WILL BE  
ON FACEBOOK ON FRIDAY,  
MAY 8

## Upcoming Trips for 2020

~~Essex Steam Train and Riverboat~~  
~~Essex, CT~~

~~May 27, 2020 — \$97pp~~

**Portsmouth Harbor Cruise & Isles of  
Shoals**

**New Hampshire**

June 23, 2020 — \$107pp

**All You Can Eat Lobster  
at The Delaney House**

**Holyoke, MA**

July 13, 2020 — \$102pp

**The Edward Twins — Aqua Turf  
Plantsville, CT**

August 13, 2020 — \$98pp

**Foxwoods Casino**

**Mashantucket, CT**

September 10, 2020 — \$28pp



## Movies on Hoopla Digital

### Meriden Public Library



Film Friday Movie idea! Have a Meriden Public Library card and looking for movies to watch?

Please visit the website: Hoopla Digital. Additional resources can be found on the Meriden Public Library website under the "Information" drop down tab and by clicking on "Digital Branch". Don't have a Meriden Library Card? Don't worry! If you are a Meriden resident you can email their Head of Circulation, Terri, at [tmorrissey@meridenct.gov](mailto:tmorrissey@meridenct.gov) to get you set up with a temporary card!

## City of Meriden

### Health and Human Services Department

### Meriden Senior Center

22 West Main Street, Meriden, CT 06451

Open Monday-Friday, 8:30am—4:00pm

### Staff

Rick Liegl, Senior Affairs Administrator	203-237-0066
Keira Merrill, Front Office	203-237-0066
Liz Parra, Recreation Coordinator	203-237-0066
Melba Leary, Program Assistant	203-630-4707
Kitchen/Dining Room	203-630-4704
Ruth Kusek, Mini-Bus Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Allan Church, Meriden Transit	203-630-4706
Kathryn Longley, Community Services	203-630-4708
Conference Room	860-223-8412
Senior Center Fax	203-235-7149

Mini Bus: Noel Aube, Tom O'Malley, Mike Connolly,  
Lisa Mesite

Kitchen Staff: Melba Leary, Marisol Pelletier



## **COVID 19-Meriden Community Resources**

### **Information subject to change**

**City Updates:** <https://www.meridenct.gov/>  
**State updates:** <https://portal.ct.gov/coronavirus>

### **Infoline-2-1-1**

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online. If you are outside Connecticut or have a problem using the 2-1-1 number, dial 1-800-203-1234.  
Text CTCOVID to 898211 for updates

### **Food Assistance**

New Opportunities-55 West Main St. (Food pantry Mon-Fri 10am-3pm)

St. Andrews Episcopal Church-20 Catlin St (Food pantry-3<sup>rd</sup> Saturday of the month 9:30-11:30am)

Salvation Army-23 St. Casimir Dr. (Food pantry open Mon, Wed, Fri 9am-12pm)

Soup Kitchen-Saturday and Sunday 12pm-1pm (To go meal containers)

Delivery for high health risk individuals (Fridays 9-12pm) call Kathryn at 203-630-4708

The Grace Place (New Life Church) 149 West Main St. (Food pantry Tues & Thurs. 11-4pm, Sat 10-2pm)

Joy Unlimited Ministries-305 Center St. Meals can be picked up or delivered on Saturday or Sunday but need to be confirmed by the Friday before - please call or text 734-578-6956 to confirm

Master's Manna-46 North Plains Rd. Wallingford (Mon-3-6pm, Tues & Thurs 9am-1pm, Wed 3-7pm)

Must call for an appointment and documentation required

End Hunger CT-EHC! SNAP Call Center Hours (English & Spanish -1-866-974-7627)

### **Groceries (Delivered)**

Amazon prime-online only <https://primenow.amazon.com/>

Instacart-Groceries delivered from local stores <https://www.instacart.com/>

Stop & Shop – Peapod (Fee's Vary)

Online Order Only – <https://www.peapod.com/>

NO Pick-up available (Temporarily Paused)

In-Store open ONLY to age 60 and over as well as customers who may have weakened immune systems from 6:00 A.M. – 7:30 A.M. Daily. Open to Public for remaining hours.

Walmart – (Fee's Vary)

Aldi's – (Fee's Vary) Delivery and In-Store Only

Online Order Only -<https://shop.aldi.us/>

CTown Supermarket-203-235-7000 ask for Jessica or Jackie

Will deliver groceries and will take orders via phone for Senior Citizens only (cash only)

Aresco's Superette-203-235-5112 or 860-995-5695

Will take orders via phone and delivery groceries (credit card or cash)



**Assistance with rent, security deposits, utilities**

New Opportunities-55 West Main St.-203-235-0278-applications via phone for energy assistance  
Salvation Army-23 St Casimir Dr.-203-235-6532-Monday-Friday 9am-3pm

**Domestic Violence**

Chrysalis-24 hour hotline-203-238-1501, 1-888-774-2900 English or 1-844-831-9200 Spanish

**Homeless Shelter**

Shelter NOW-43 St. Casimir Dr.-203-237-4020  
Call 2-1-1 in you are in need of homeless and in need of shelter

**Medical Insurance****Access Health CT**

New Special Enrollment Period For Uninsured Connecticut Residents  
New Special Enrollment Period starts Thursday, March 19 and ends Friday, April 17<sup>th</sup>, 2020

- Uninsured individuals can sign up for health insurance coverage through Access Health CT during the **NEW Special Enrollment Period** from Thursday, March 19 – Friday, April 17<sup>th</sup>, 2020.
  - The effective date of coverage for all enrollments during the **NEW Special Enrollment Period** will be May 1, 2020.
- The only way to sign up for this **NEW Special Enrollment Period** is by calling 1-855-365-2428. Individuals, who experience a Qualifying Life Event (e.g. loss of coverage due to job change or unemployment) or qualify for Medicaid/Children's Health Program (CHIP), can **ALWAYS** enroll online, in-person or over the phone and all help is free.

**Medicare-1800-Medicare**

**CHOICES**-Connecticut's program for Health Insurance assistance, Outreach, Information and referral,  
Counseling, Eligibility Screen 1-800-994-9422

**Medical Transportation**

Meriden Senior Center -203-237-3338-Rides are available for Meriden residents age 55  
and over and for disabled individuals under the age of 55

Veyo for Husky Clients-1-855-478-7350

Northeast Transportation Company ADA Paratransit Program

Free during the pandemic outbreak 1-800-441-8901

**Other Agencies**

DSS-Department of Social Services-1-855-626-6632 Assistance with SNAP (Supplemental Nutrition Assistance Program), Medical Assistance and SAGA (Cash assistance for single disabled adults with no children), TFA (Temporary Family Assistance for families with children under 18 years)

<https://connect.ct.gov/>

Social Security Administration-1877-409-8429

<https://www.ssa.gov/>

Department of Labor-Filing for Unemployment (866) 263-6000

<http://www.ctdol.state.ct.us/>

**Meriden Senior Center Social Services**

Natalie Gill, Social Services Worker-203-630-4273

Kathryn Longley, Community Services Worker-203-630-4708





# Word Search



See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

- |            |                 |                 |             |
|------------|-----------------|-----------------|-------------|
| 1. Mothers | 6. Holiday      | 11. Respect     | 16. Giving  |
| 2. Day     | 7. Loving       | 12. Thoughtful  | 17. Special |
| 3. Moms    | 8. Caring       | 13. Family      | 18. Happy   |
| 4. Kids    | 9. Children     | 14. Considerate | 19. May     |
| 5. Parent  | 10. Grandmother | 15. Honor       | 20. Spring  |



# Cinco de Mayo

DIRECTIONS: Unscramble the letters to form terms associated with Cinco de Mayo.



1. ACTCSU \_\_\_\_\_
2. OCTA \_\_\_\_\_
3. CUMSI \_\_\_\_\_
4. ASSAL \_\_\_\_\_
5. RAADEP \_\_\_\_\_
6. ATELBT \_\_\_\_\_
7. FATISE \_\_\_\_\_
8. TOLITARL \_\_\_\_\_
9. CMEAUGLAO \_\_\_\_\_
10. CTAAESNST \_\_\_\_\_
11. OICEMX \_\_\_\_\_
12. ABECEILNORT \_\_\_\_\_
13. OACIMD \_\_\_\_\_
14. MOOESRRB \_\_\_\_\_
15. ATIPAÑ \_\_\_\_\_
16. SREWLFO \_\_\_\_\_
17. AMACIIRH \_\_\_\_\_
18. COUSEQNT \_\_\_\_\_
19. POLUEB \_\_\_\_\_
20. CAMRAA \_\_\_\_\_



See page 9  
for answers!



## May 2020 Social Services



### What is Renters' Rebate?

It's a reimbursement program for Connecticut renters who are 65 or older or totally disabled, and whose incomes does not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebate can be up to \$900 for married couples and up to \$700 for single persons. The renters' rebate amount is based on a graduated income scale and amount of rent and utility payments made in the calendar year prior to the year in which the renter applies.

**Appointments can be made on:**  
**Mondays, Tuesdays, Wednesdays and Thursdays**  
**from 9:30am-12:30pm**

**Program runs from April 1st-October 1st**

**Call 203-630-4708 or 203-237-0066 to schedule an appointment**



### What documents to bring to your appointment?

- If you receive regular Social Security income -bring your **1099 form** from **2019**
- If you receive SSI - bring a **letter from Social Security** which clearly states your **total 2019 income**. Call 1-800-772-1213 to request this document if you do not have it.
- If you are younger than 65 and you have a disability - you **MUST bring proof of disability** from the Social Security Administration.
- Proof of any other of **2019** income (pension, employment, interest, dividends, etc.)
- A copy of the **2019 Income Tax Return** signed and submitted to the IRS (if you filed one with the IRS).
- Proof of **all 2019 rent payments** (rent receipts for each month in 2019 signed by landlord or rent ledgers from housing complex.)
- Proof of **all 2019** utility payments; i.e. electric, gas, oil, and water \*bring a full year print out from Eversource etc. for **2019**

**Must have all documents to complete application**

### Planning to move?

Always keep in mind that Housing discrimination is illegal in Connecticut. Between Federal and State laws, it is illegal to deny anyone housing because of their:

- |                                  |                                |
|----------------------------------|--------------------------------|
| -Race                            | -Color                         |
| -National origin                 | -Sex (gender)                  |
| -Religion                        | -Children or family status     |
| -Disability (mental or physical) | -Ancestry                      |
| -Marital status                  | -Age (except minors)           |
| -Sexual orientation              | -Gender identity or expression |
| -Legal source of income          | -Veteran status                |

(refusing to accept Section 8, for example)

If you are trying to move and you feel like you have been discriminated against, you can contact CT Fair Housing Center, (860) 247-4400. Otherwise, for any questions on this matter contact Kathryn at 203-630-4708.

### New Renters' Rebate Income Guidelines

Applicant's qualifying income in the calendar year 2019 must not exceed \$37,000 if unmarried, or \$45,100 if married.

**The only secret  
behind a good day  
is a good attitude.**

**Natalie Gill**  
Social Services Worker  
Mon-Friday 8:30 am-3:30 pm  
203-630-4273

**Kathryn Longley**  
Community Services Worker  
Mon - Thurs 9:00 am-1:00 pm  
Friday 9:00 am-12:45 pm  
203-630-4708

**Please call to schedule an appointment**

### New Opportunities

55 West Main St 3rd Floor

#### Food Pantry

Mon, Tues, Wed, Fri-10am-4:30pm  
Thurs-11am-6:30pm

### New Income Guidelines for MSP

#### Medicare Savings Program

QMB: \$2,243/\$3032

SLMB: \$2,456/\$3,319

ALMB: \$2,615/\$3,535



# Cinco de Mayo

DIRECTIONS: Unscramble the letters to form terms associated with Cinco de Mayo.



- |                       |             |
|-----------------------|-------------|
| 1. ACTCSU _____       | CACTUS      |
| 2. OCTA _____         | TACO        |
| 3. CUMSI _____        | MUSIC       |
| 4. ASSAL _____        | SALSA       |
| 5. RAADEP _____       | PARADE      |
| 6. ATELBT _____       | BATTLE      |
| 7. FATISE _____       | FIESTA      |
| 8. TOLITARL _____     | TORTILLA    |
| 9. CMEAUGLAO _____    | GUACAMOLE   |
| 10. CTAAESNST _____   | CASTANETS   |
| 11. OICEMX _____      | MEXICO      |
| 12. ABECEILNORT _____ | CELEBRATION |
| 13. OACIMD _____      | COMIDA      |
| 14. MOOESRRB _____    | SOMBRERO    |
| 15. ATIPAÑ _____      | PIÑATA      |
| 16. SREWLFO _____     | FLOWERS     |
| 17. AMACIIRH _____    | MARIACHI    |
| 18. COUSEQNT _____    | CONQUEST    |
| 19. POLUEB _____      | PUEBLO      |
| 20. CAMRAA _____      | MARACA      |





**Elderly Nutrition Program  
(203) 237-0066**

**The Meriden Senior Center is delivering meals during this Covid 19 Outbreak.**

**A "Form 5" must be filled out to receive the meals. Deliveries are on Mondays and Thursdays**

**Senior Center members as well as non-members who are interested in having meal deliveries please call the Meriden Senior Center. You must be home at time of delivery, there is no contact as we practice social distancing and a designated area is needed for drop off of meals.**

**THANK YOU**

**Meals on Wheels**

**LifeBridge Community Services  
203-752-9919**

Meals on Wheels delivers well-balanced, nutritious meals to those living in Meriden who are unable to prepare meals for themselves.



**Meriden Advisory Board on Aging**

**Friday, May 1, 2020 at 9:00am— CANCELLED** The Advisory Board on Aging was created by the Meriden City Council to advise and assist the Mayor and the City Council in identifying issues that affect Meriden's aging population. Monthly meetings are open to members of the Senior Center and the general public, and are held at the Senior Center, usually on the first Friday of each month at 9:00 am (summer months excluded). Your input on senior issues will be welcomed. Call (203) 237-0066 for additional information or to confirm the next meeting date.

**Important Announcements and Reminders**

- Please remember that packaging and bringing home any leftovers from our served lunch is not allowed.
- We cannot refrigerate food of members
- Please be sure to check in everyday at our membership check-in stations.
- If you are interested in becoming a volunteer please see our Recreation Coordinator or Senior Affairs Administrator
- Rides to the Senior Center need to be booked by 12:30 the day before your ride. If you are a daily rider to the Senior Center please be sure to book your rides on the daily rider sheet in the Transportation office.
- Lost & Found: If you have lost any personal items at the Senior Center, please check our lost & found in the front office before January 2, 2020. We will be cleaning out the lost & found for the year and any unclaimed items will be discarded.
- The Hanover Street parking lot construction project will not be completed until the Spring of 2020.

**For All Members**

Please be sure to have your photo ID on hand to sign in when arriving at the Senior Center. If you do not have a new photo ID, we have a guest card that can be used to sign in. You must select an option on the main screen before hitting the save button in order to record your attendance. We are looking for volunteers to call bingo on Mondays, Wednesdays and every third Friday of the month. We are looking for volunteers to cover the front entrance desk and assist members checking into the Senior Center.

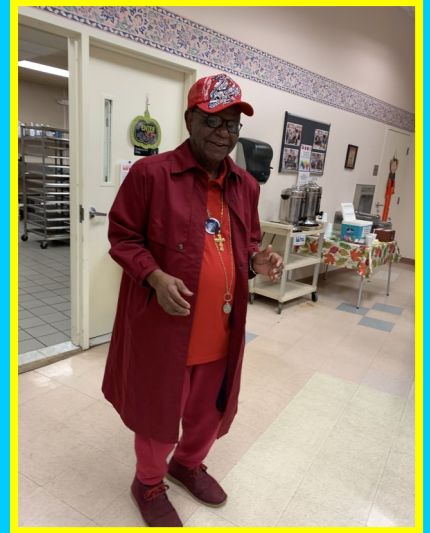








# *In loving memory of Patrick Ubaike*



## *MEMORIES*

